



Page Dowdy/Chesterfield Observer

Dr. Jeffrey P. Frost (left) and Dr. Mitchell R. Waskin (right).

Foot & Ankle Center offers comprehensive care for foot and ankle problems

The Foot & Ankle Center, located on the campus of Johnston-Willis Hospital, is Richmond's all-in-one foot care center.

The Center has on-site programs for heel pain, diabetic foot care, wound care, bunion treatments and toenail fungus as well as a "mini-store" for medical and foot care products. You'll also find an on-site spa that provides the area's only medical-grade manicures and pedicures.

Also, there is a full-time, certified pedorthist (a specialist in medical shoes, shoe inserts and custom braces) on staff that can help with custom orthotics and diabetic shoes. You no longer have to settle for the type of shoes and custom insoles you get at a shoe store, pharmacy or retailer.

"We offer more services than any other podiatric practice in the Richmond metropolitan area," said Dr. Mitchell Waskin.

Waskin, who has been practicing podiatric medicine for 25 years, is board certified in foot surgery and has been involved in developing criteria for credentialing foot surgeons at several Virginia hospitals.

The Center has an office-based surgery suite that is accredited by The Joint Commission – the same organization that provides accreditation for hospitals throughout the country and sets the standards on providing high quality, safe care to patients.

"We are the only podiatry facility in the state and one of a small number in the entire country that is accredited by The Joint Commission," Waskin said.

The Foot & Ankle Center has Central Virginia's first FDA-approved laser for treating toenail fungus. The treatment is painless and usually

takes only 20 minutes.

"I have over 25 years of experience using lasers in the treatment of foot problems," Waskin said. "We also are a designated training center for other doctors using laser technology."

The Center also has on-site computerized vascular testing equipment to check circulation in the feet and an on-site diagnostic ultrasound and digital X-ray system.

"Our ultrasound equipment allows us to look at tendons and ligaments of the foot in real time," Waskin said. "We can see them moving to help diagnose foot and ankle problems."

Patients visiting the Center are offered several programs to treat foot and ankle conditions such as bunions. The goal for bunion treatment is twofold: first, to relieve the pressure and pain caused by irritations, and second to stop any progressive growth of the enlargement.

One of the major programs at the Center focuses on the prevention of diabetic foot complications.

"Foot problems are the No.1 complication of diabetes," said Waskin. "They are the No. 1 cause of amputations."

Research has shown that an annual comprehensive diabetic foot exam can significantly reduce the amount of foot complications and amputations. Many area physicians send their diabetic patients to The Foot & Ankle Center for evaluation.

"We provide a detailed foot exam where we look at everything from circulation and measuring nerve damage to types of shoes and even socks the patient is wearing," Waskin said. "We take a more aggressive approach by doing a once-a-year in-depth foot evaluation."

Call Us For More Information: 320-FOOT (3668)

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